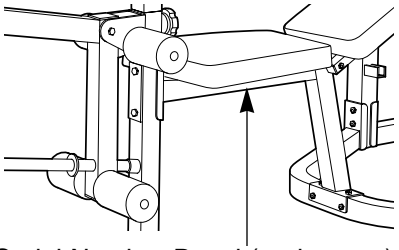
WEIDER PRO 340

PATENT PENDING

Model No. 831.150381
Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal (under seat)

EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

FULL 90 DAY WARRANTY 3
IMPORTANT PRECAUTIONS 4
CAUTION DECAL PLACEMENT 5
BEFORE YOU BEGIN 6
ASSEMBLY 7
ADJUSTING THE WEIDER PRO 340 13
EXERCISE GUIDELINES 17
ORDERING REPLACEMENT PARTS . . . . . .Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

IMPORTANT PRECAUTIONS

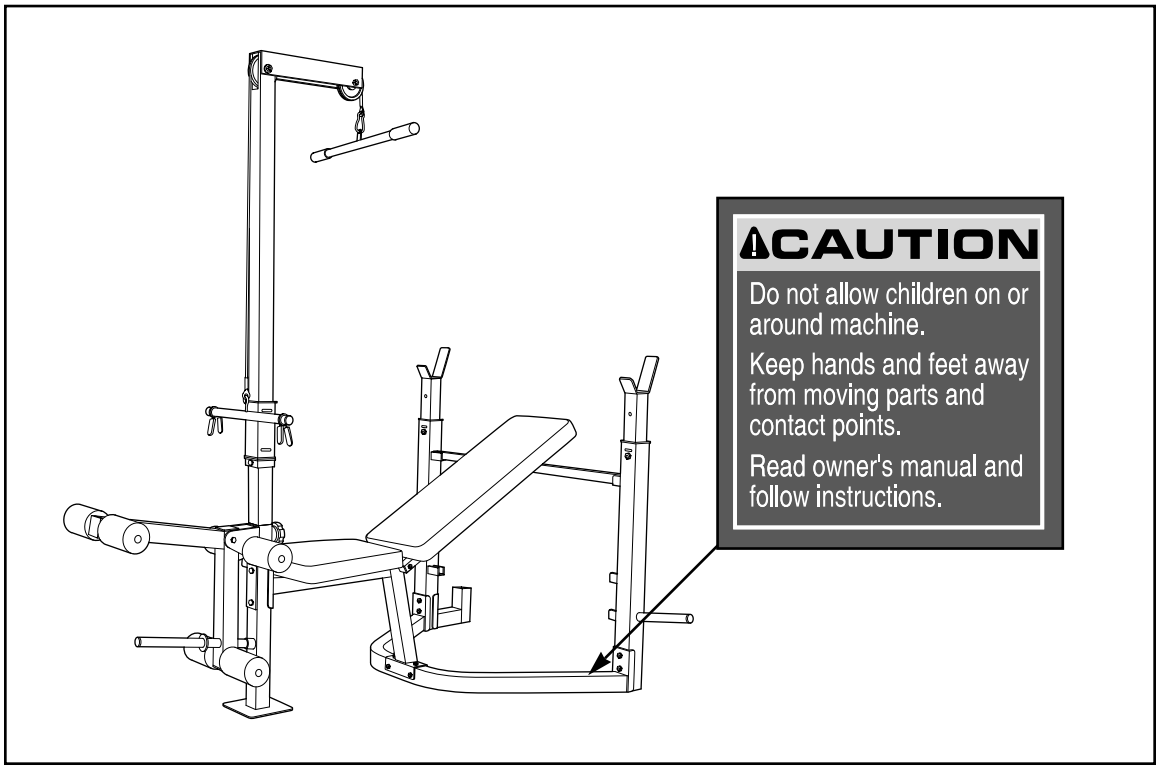
WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
5. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **Do not use a barbell (not included) longer than six feet with this weight bench.**
10. **Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.**
11. **The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell, and weights. The preacher curl post is designed to support a maximum of 50 pounds. Do not place more than 210 pounds, including a barbell and weights, on the weight rests; do not place more than 130 pounds on the weight carriage; do not place more than 130 pounds on the leg lever for normal use.**
12. **Always place 50 pounds on the leg lever when performing squat exercises to balance the bench (see page 15).**
13. **Always fold the backrest out of the way when performing squat exercises (see page 15). Do not sit on the seat when the backrest is folded.**
14. **Do not stand with your back to the weight bench when performing squat exercises (see page 15). You should be able to see the weight rests while exercising so that you can safely return the barbell (not included) to the weight rests when you finish the exercise.**
15. **When using the backrest, make sure that the adjustment tube is fully inserted into the adjustment brackets on the uprights.**
16. **Always remove the lat tower or curl post from the front leg and place the 2" inner cap over the open tube before performing leg curl or leg extension exercises with the leg lever (see page 15).**
17. **Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.**
18. **Always exercise with a partner. When you are performing bench press exercises, squat exercises, or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.**
19. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

CAUTION DECAL PLACEMENT

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays), to order a free replacement decal. Apply the replacement decal to the location shown.

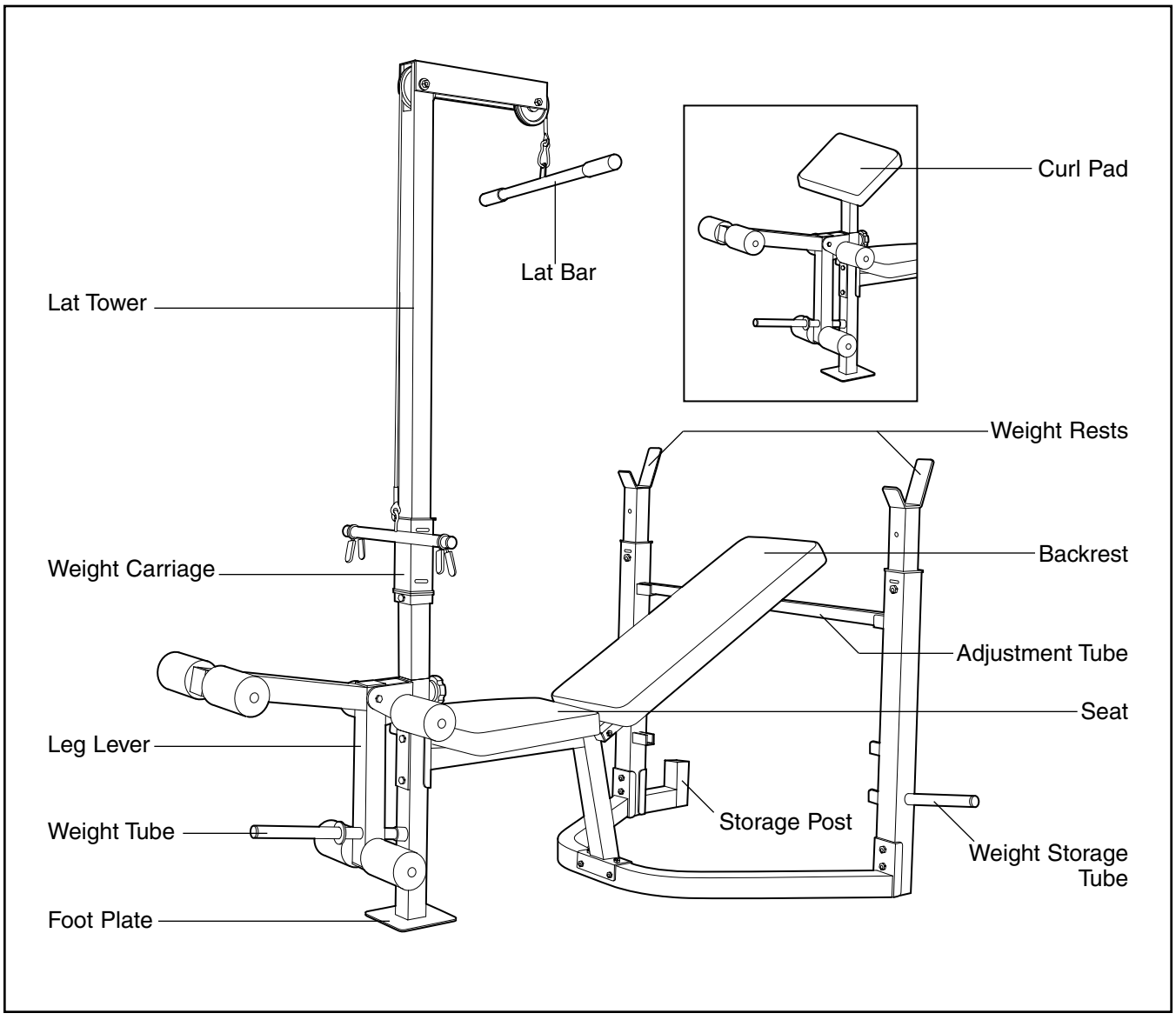

CAUTION
Do not allow children on or around machine.
Keep hands and feet away from moving parts and contact points.
Read owner's manual and follow instructions.

BEFORE YOU BEGIN

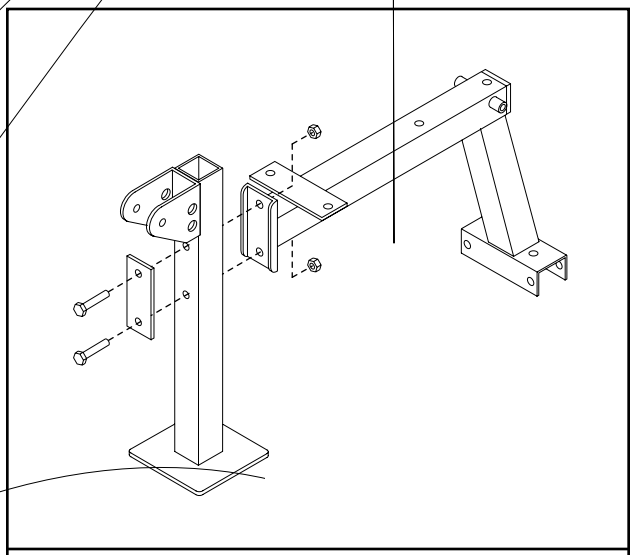
Thank you for selecting the versatile WEIDER® PRO 340 Weight Bench. The PRO 340 Weight Bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 340 Weight Bench will help you to achieve the specific results you want.

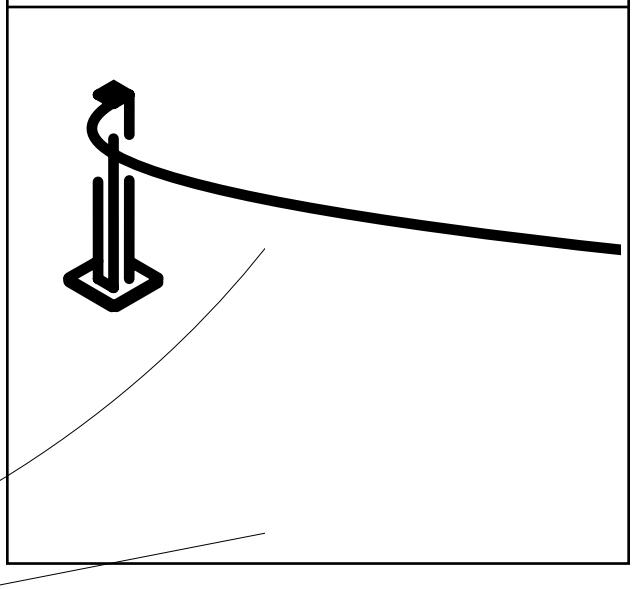
For your benefit, read this manual carefully before using the WEIDER® PRO 340 Weight Bench. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150381. The serial number can be found on a decal attached to the PRO 340 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

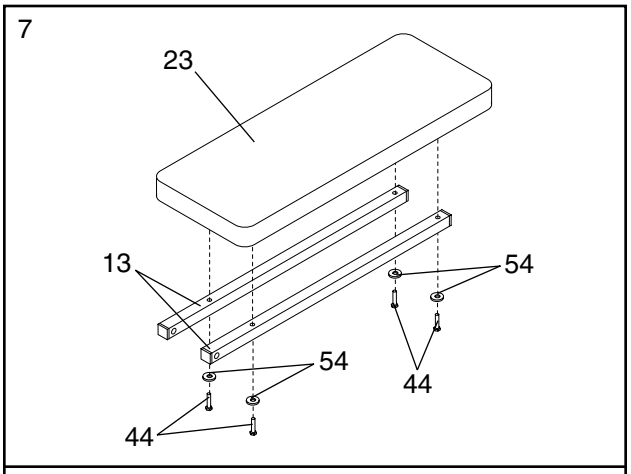


ASSEMBLY



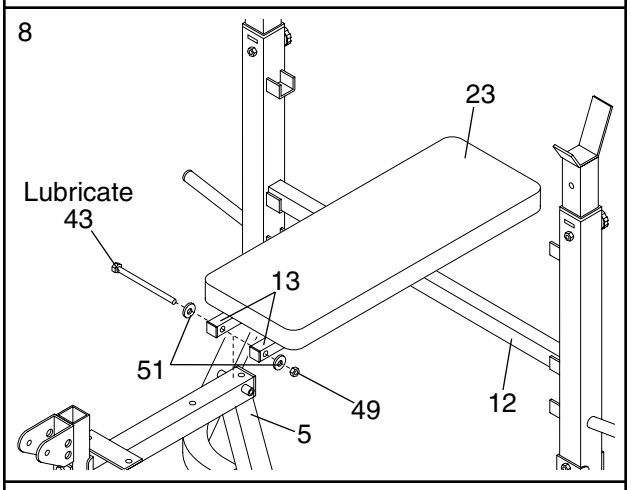


7. Attach the Backrest (23) to the Backrest Tubes (13) with four M6 x 40mm Bolts (44) and four M6 Washers (54). **The Backrest Tubes must be oriented as shown.**

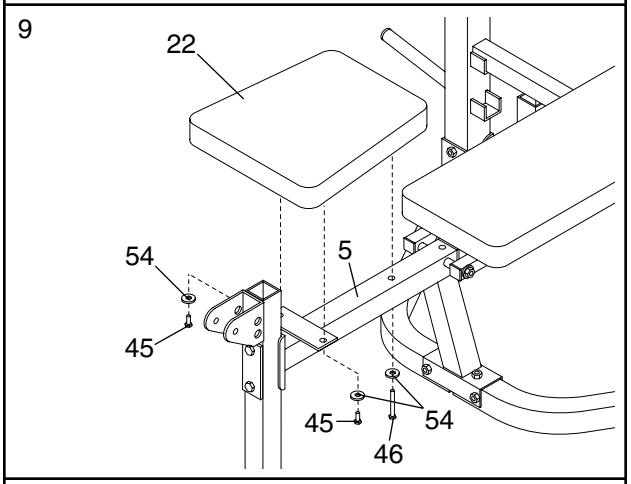


8. Lubricate an M10 x 165mm Bolt (43). Attach the Backrest Tubes (13) to the Bench Frame (5) with the Bolt, two M10 Washers (51), and an M10 Nylon Locknut (49). **The Backrest Tubes must be oriented as shown. Do not overtighten the Nylon Locknut; the Backrest Brackets must be able to move freely.**

   Lower the Backrest (23) onto the Adjustment Tube (12).



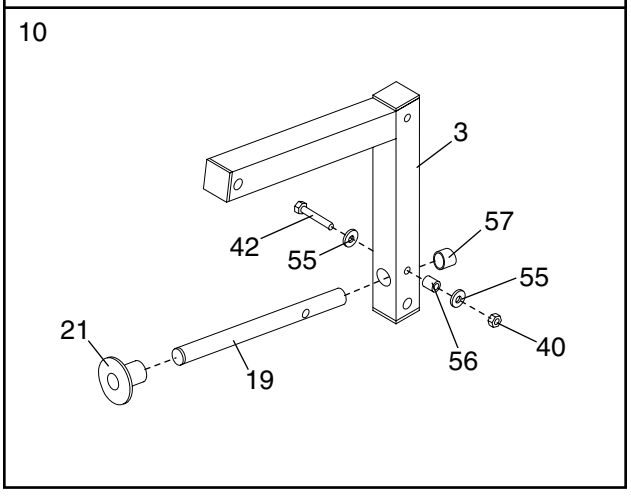
9. Attach the Seat (22) to the Bench Frame (5) with the M6 x 65mm Bolt (46), two M6 x 16mm Screws (45), and three M6 Washers (54).



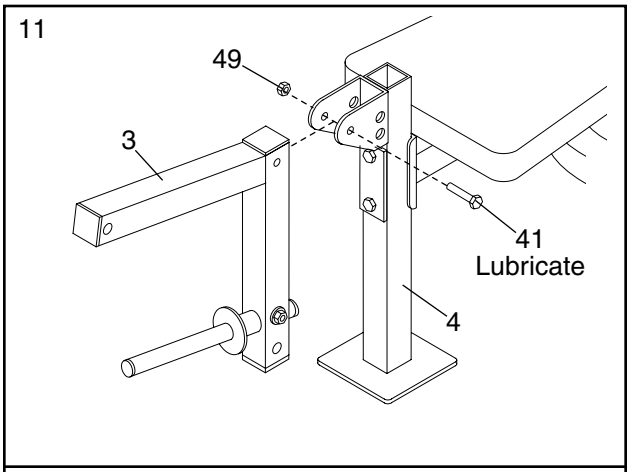
10. Attach the Weight Tube (19) to the Leg Lever (3) with an M8 x 65mm Bolt (42), two M8 Washers (55), a 13mm Spacer (56), and an M8 Nylon Locknut (40).

    Press the 1" Round Angle Cap (57) onto the Weight Tube (19).

    Slide the Weight Stop (21) onto the Weight Tube (19).

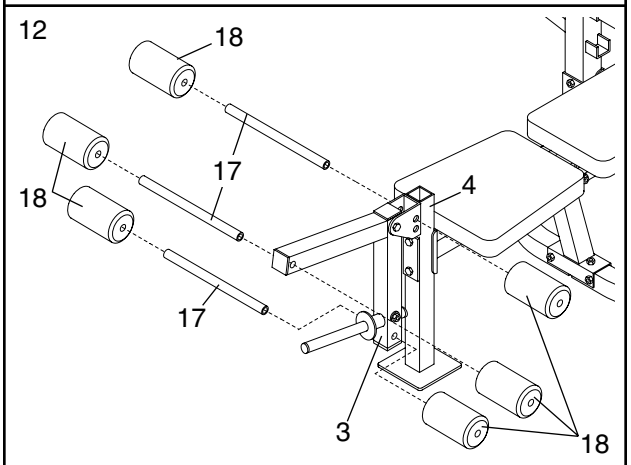


11. Lubricate the M10 x 70mm Bolt (41). Attach the Leg Lever (3) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (49).



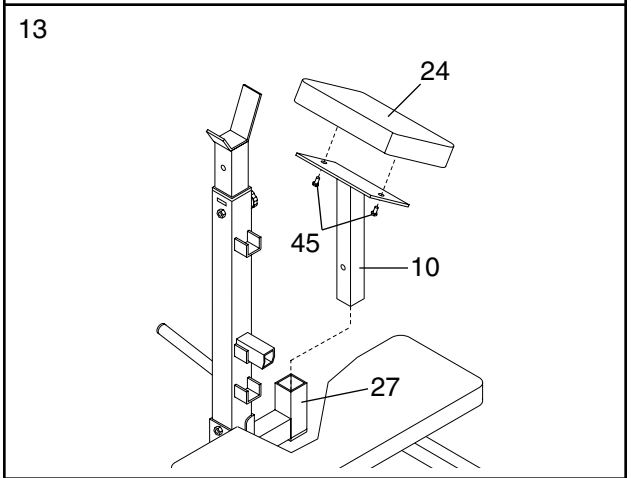
12. Insert a Pad Tube (17) through one hole in the Leg Lever (3). Insert another Pad Tube through the other hole in the Leg Lever. Insert the remaining Pad Tube through the upper hole in the bracket on the Front Leg (4).

    Slide two Foam Pads (18) onto each Pad Tube (17).



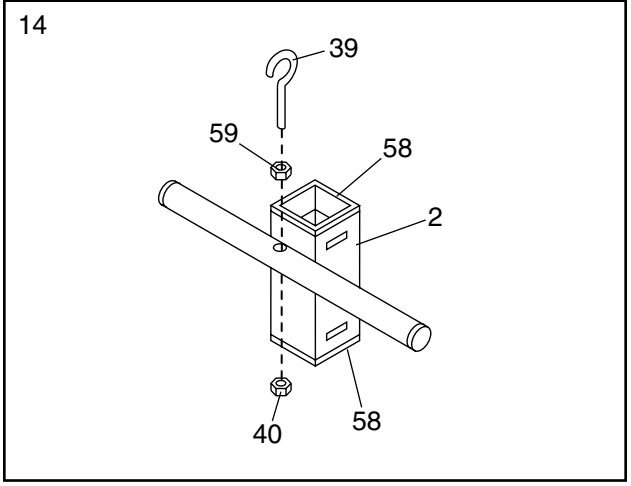
13. Attach the Curl Pad (24) to the Curl Post (10) with two M6 x 16mm Screws (45).

    Slide the Curl Post (10) into the Storage Post (27).



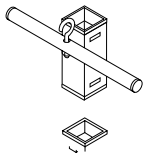
14. Fully thread the M8 Nut (59) onto the M8 Eyebolt (39). Insert the M8 Eyebolt through the hole in the Weight Carriage (2) from the direction shown. Tighten an M8 Nylon Locknut (40) onto the Eyebolt.

    Be sure that there is a 2 1/2" Square Bushing (58) in the top and bottom of the Weight Carriage. (2)



15. Slide the Weight Carriage (2) onto the Lat Tower (1). **The Weight Carriage must be turned as shown.**

    Slide the Carriage Stop (37) onto the Lat Tower (1). **The 2 1/2" Square Bushing (58) must be facing the Weight Carriage (2).** Align the holes in the Carriage Stop with the indicated hole in the Lat Tower. Attach the Carriage Stop to the Lat Tower with the M8 x 70mm Bolt (38) and an M8 Nylon Locknut (40).

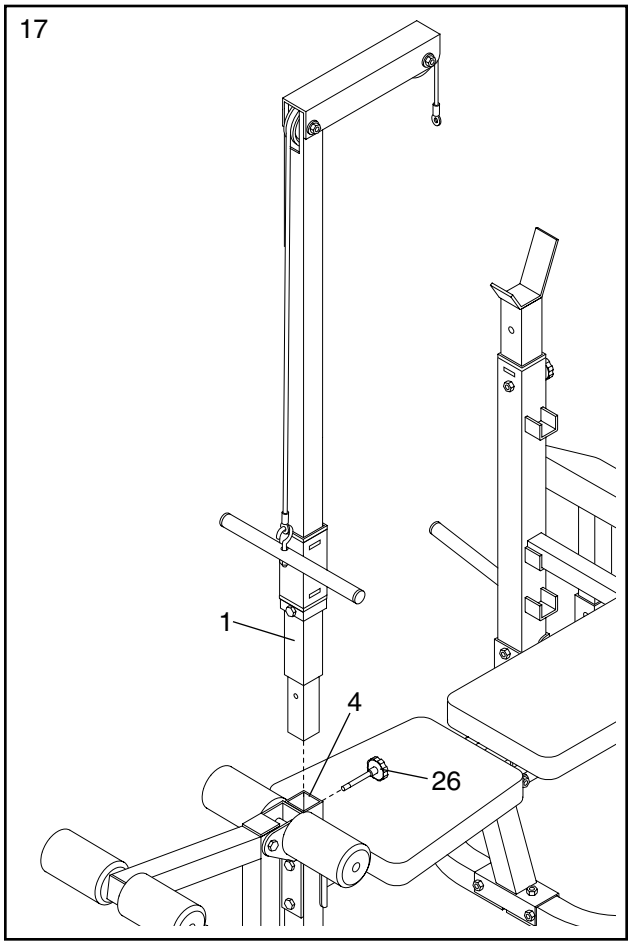


16. Feed the Cable (36) through the indicated slot in the Lat Tower (1). Rest the Cable in the groove of a Pulley (35). Attach the Pulley to the Lat Tower with a 10mm x 75mm Bolt (50), two 10mm Washers (51), two 16mm Spacers (52), and a 10mm Nylon Locknut (49).

    Rest the Cable (13) in the groove of the other Pulley (35). Attach the other Pulley to the Lat Tower (1) with a 10mm x 75mm Bolt (50), two 10mm Washers (51), two 16mm Spacers (52), and a 10mm Nylon Locknut (49). **The Cable must run smoothly over both Pulleys.**

    Attach the Cable (36) to the M8 Eyebolt (39) by sliding the loop on the end of the Cable onto the hook of the Eyebolt.

17. Insert the Lat Tower (1) into the Front Leg (4). **The Lat Tower must be turned as shown.** Secure the Lat Tower with the Short Adjustment Knob (26).



18. Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTING THE WEIDER PRO 340 beginning on page 13.

ADJUSTING THE WEIDER PRO 340

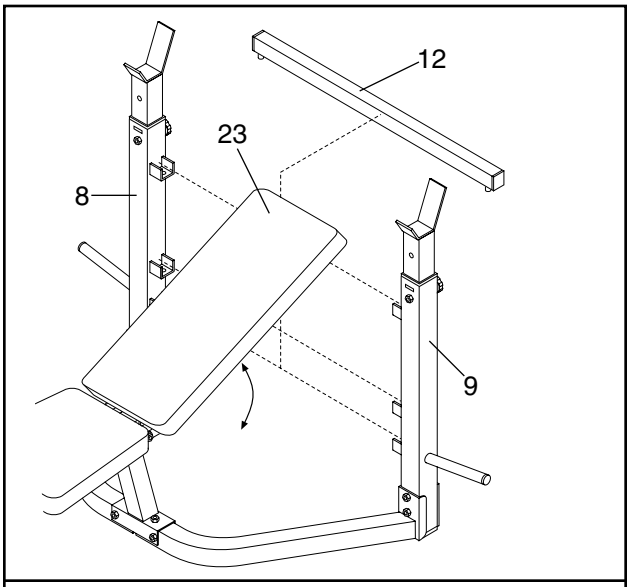
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 17 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (23) can be set to three different positions: a level position, a decline position, and an incline position.

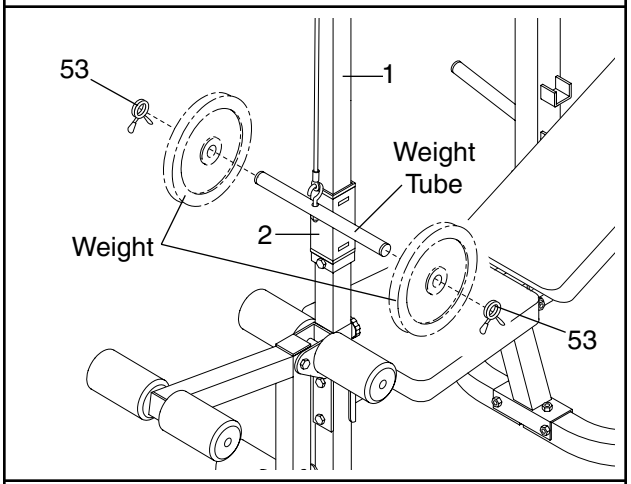
To change the position of the Backrest (23), move the Adjustment Tube (12) to a different set of adjustment brackets on the Uprights (8, 9). **Make sure that the Adjustment Tube is securely seated in the adjustment brackets.**



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (1), slide the desired amount of weight (not included) onto each side of the weight tube on the Weight Carriage (2). Be sure there is an equal amount of weight on each side of the Weight Carriage. Secure the weights with a Spring Clip (53).

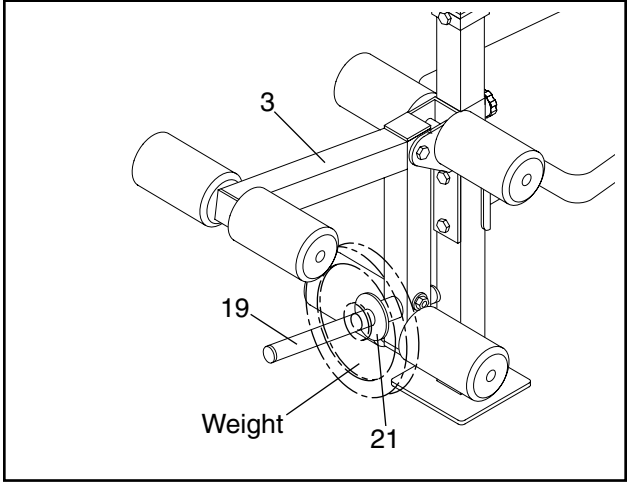
WARNING: Do not place more than 130 pounds on the weight carriage.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), first be sure the Weight Stop (21) is on the Weight Tube (19). Then slide the desired amount of weight (not included) onto the Weight Tube (19).

WARNING: Do not place more than 130 pounds on the leg lever.

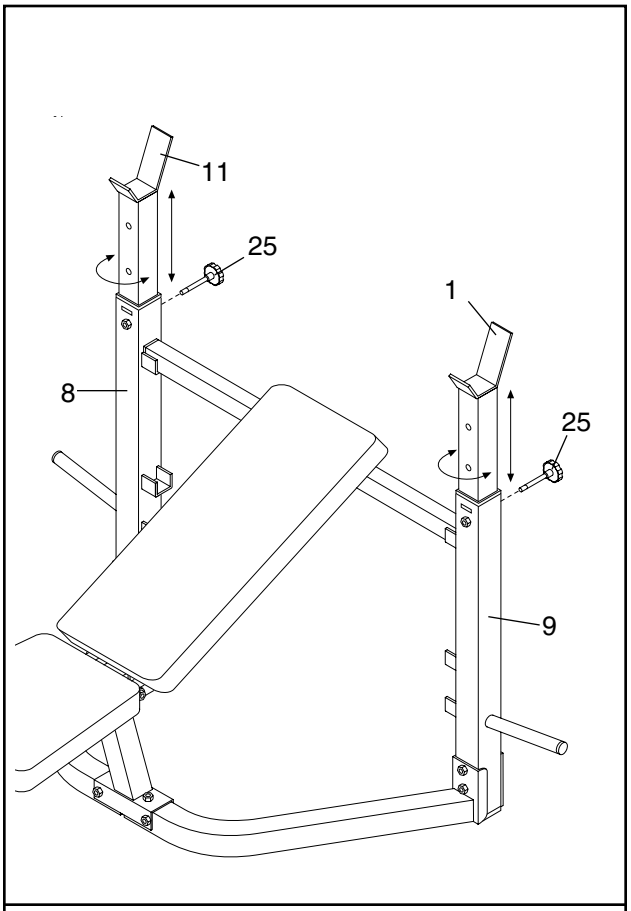


ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (11), **first remove your barbell from the Weight Rests.** Then remove the Long Adjustment Knob (25) from the Weight Rest in Upright A (8). Position the Weight Rest at the desired height or turn it around if needed. Align the holes in the Weight Rest and the Upright. Secure the Weight Rest with the Long Adjustment Knob. **Be sure that you fully tighten the Long Adjustment Knob.**

Position the other Weight Rest (11) in Upright B (9) in the same manner. **Both Weight Rests must be set at the same height.**

WARNING: Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.



ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (10) must be attached to the weight bench.

Insert the Curl Post (10) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Adjustment Knob (26). **Be sure that you fully tighten the Short Adjustment Knob.**

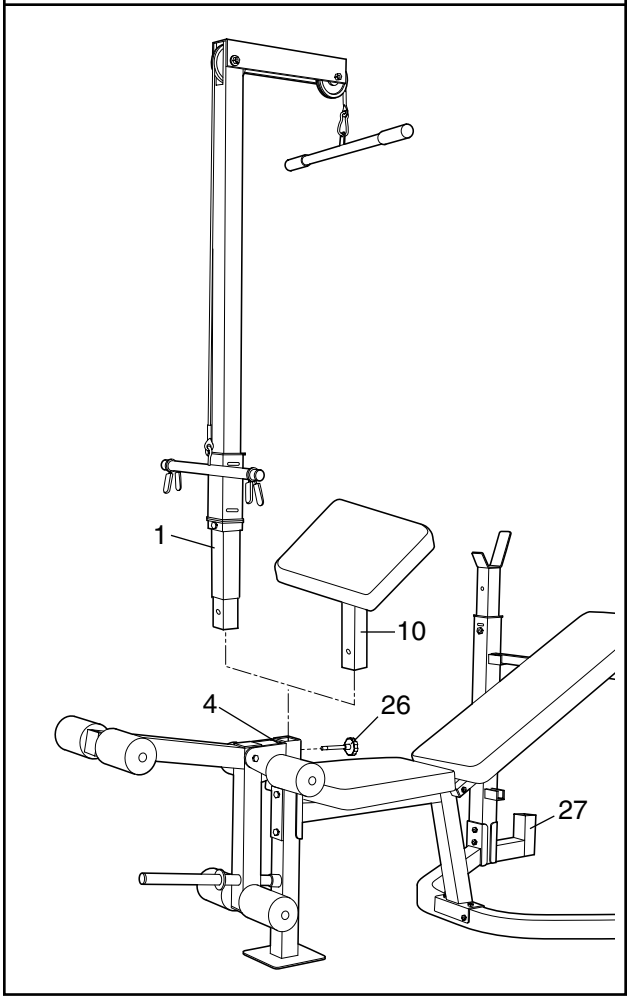
When the Curl Post (10) is not in use, it can be stored in the Storage Post (27).

For other exercises, the Lat Tower (1) must be attached to the weight bench.

Insert the Lat Tower (1) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Short Adjustment Knob (26). **Be sure that you fully tighten the Short Adjustment Knob.**

When the Lat Tower (1) is not in use, it can be stored in the Storage Post (27).

WARNING: The preacher curl post is designed to support a maximum of 50 pounds. Do not place more than 130 pounds on the weight carriage.

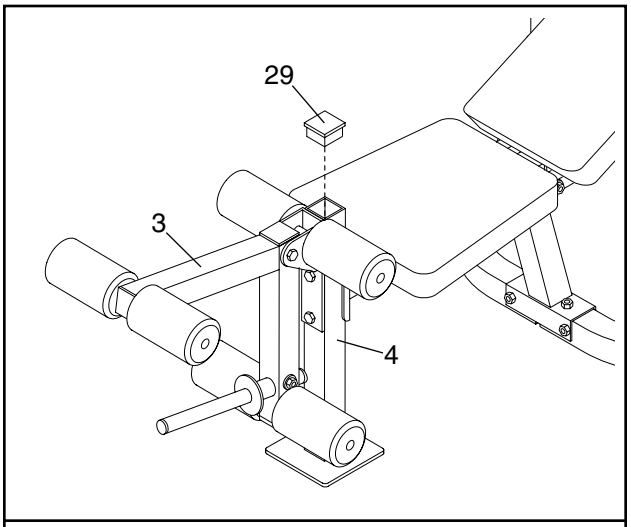


ATTACHING AND REMOVING THE 2" SQUARE INNER CAP

Do not use the Leg Lever (3), when either the curl post or the lat tower (not shown) are attached to the weight bench.

When you use the Leg Lever (3), insert a 2" Square Inner Cap (29) halfway into the Front Leg (4) to cover the open tube.

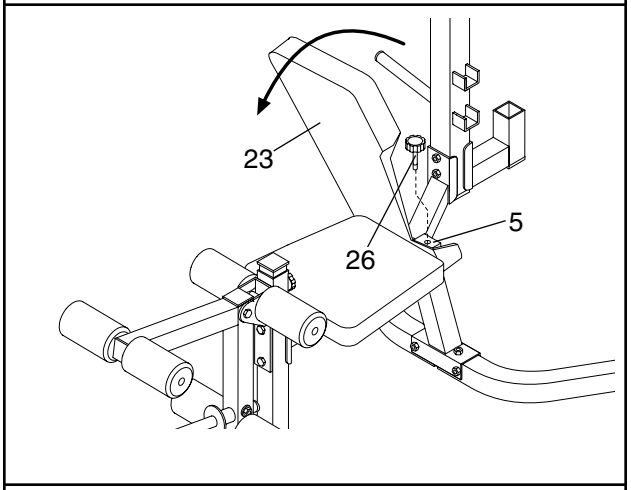
When you want to use either the curl post or the lat tower (not shown), remove the 2" Square Inner Cap (29) from the Front Leg (4) and store the 2" Square Inner Cap in a safe location.



LOCKING THE BACKREST

To perform squat exercises, you will need to lock the Backrest (23) in the upright position.

To lock the Backrest (23), lift and pull it forward until you can insert the Short Adjustment Knob (26) into the indicated hole in the Bench Frame (5).



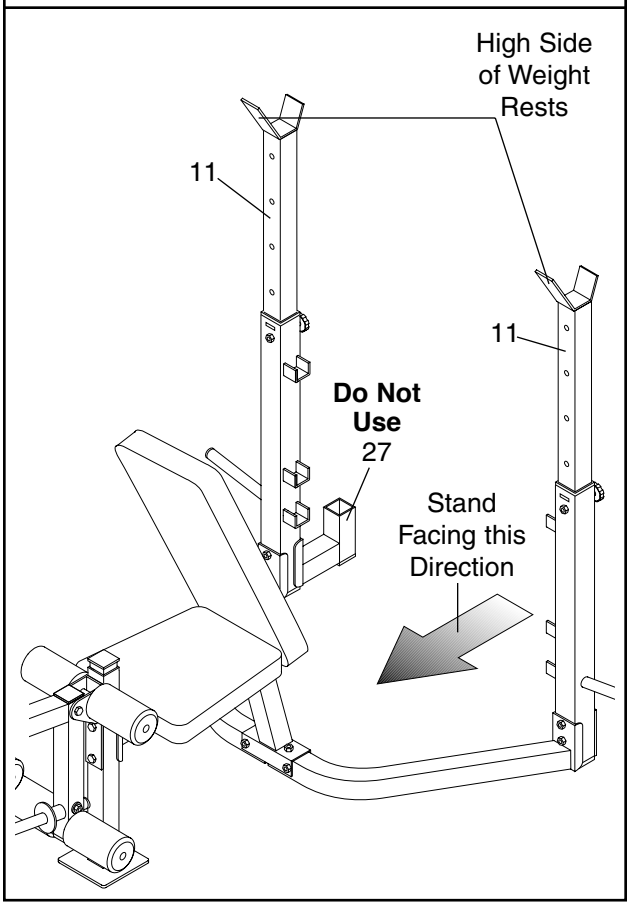
WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

ADJUSTING THE WEIGHT BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, you will need to lock the backrest in the upright position (see LOCKING THE BACKREST above).

You will then need to raise the Weight Rests (11) to the highest position and turn them around (see ADJUSTING THE WEIGHT RESTS on page 14). **The high side of the Weight Rests must be on the side shown.**

Do not use the Storage Post (27) when performing squat or toe raise exercises.



WARNING: Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

WARNING: Always fold the backrest out of the way when performing squat exercises.

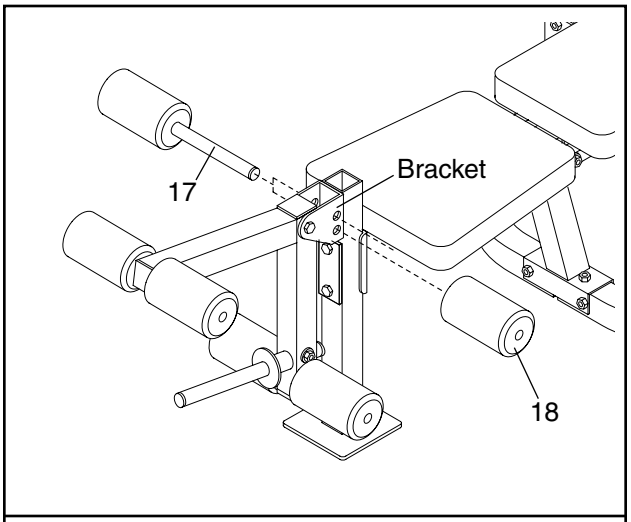
WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell (not included) when you finish the exercise.

ADJUSTING THE PAD TUBE

The indicated Pad Tube (17) can be adjusted to either the high or low position, depending on which one is more comfortable for you.

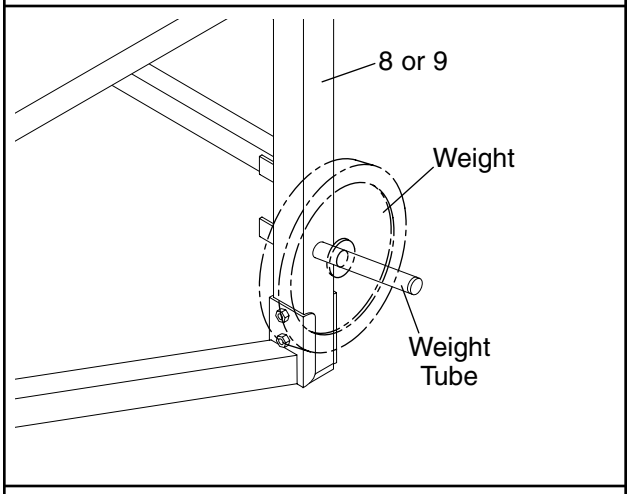
To move the Pad Tube (17) from the high position to the low position, remove one Foam Pad (18). Slide the Pad Tube out of the the upper hole in the bracket on the Front Leg (4) and re-insert it through the lower hole in the bracket on the Front Leg. Slide the Foam Pad back onto the Pad Tube.

You can move the Pad Tube (17) from the low position to the high position in same manner.



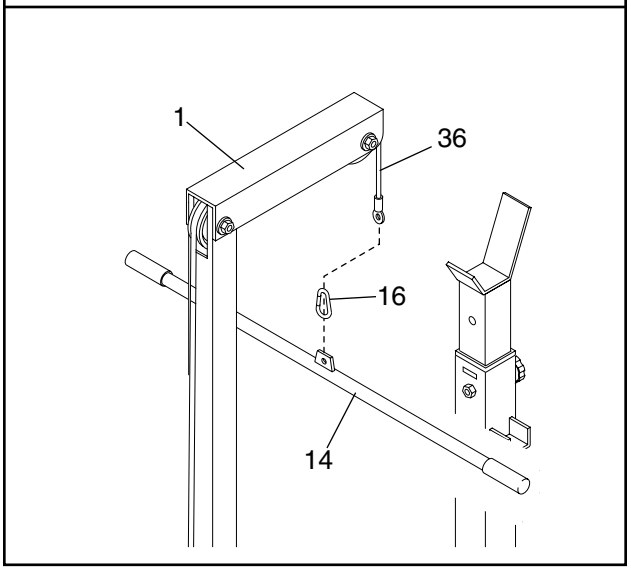
USING THE WEIGHT STORAGE TUBES

The WEIDER PRO 340 has a convenient weight storage tube on each Upright (8, 9). To use the storage tubes, you can slide several unused weight plates (not included) onto the tubes.



ATTACHING THE LAT BAR TO THE LAT TOWER

To use the Lat Tower (1), attach the Lat Bar (14) to the Cable (36) with a Cable Clip (16).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest

for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

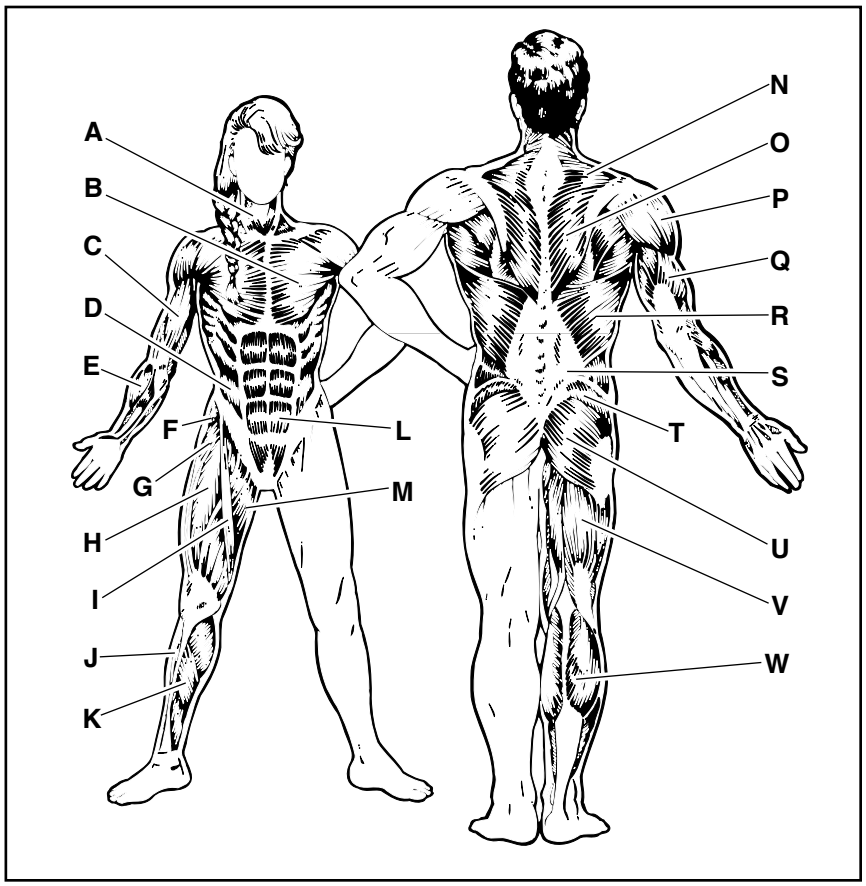
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

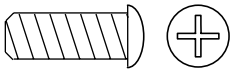
THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

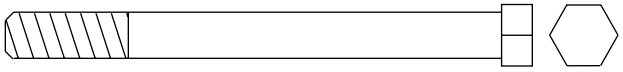
EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.



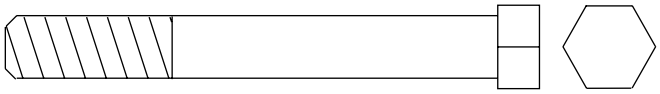
M6 x 16mm Screw (45)–4

M6 x 40mm Bolt (44)–4

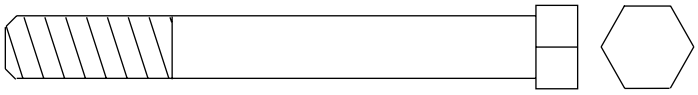


M6 x 65mm Bolt (46)–1

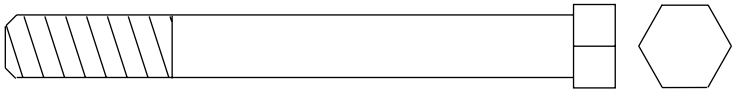
M8 x 60mm Carriage Bolt (47)–2



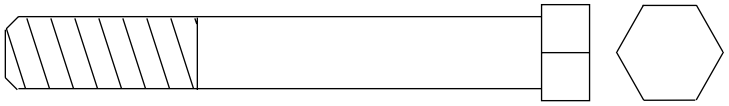
M8 x 65mm Bolt (42)–5



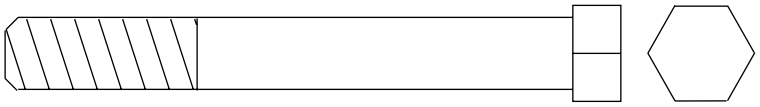
M8 x 70mm Bolt (38)–1



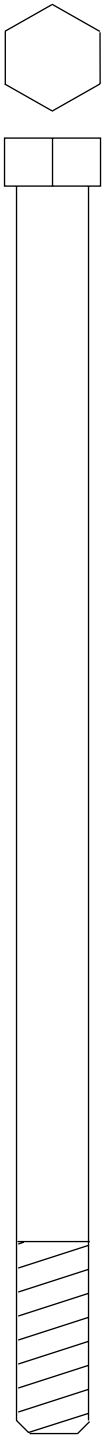
M8 x 75mm Bolt (48)–4



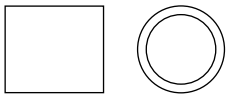
M10 x 70mm Bolt (41)–1



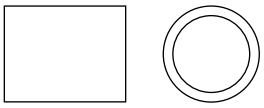
M10 x 75mm Bolt (50)–2



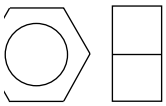
M10 x 165mm Bolt (43)–1



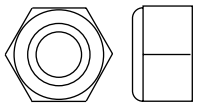
13mm Spacer (56)–1



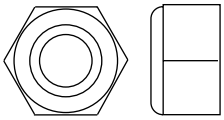
16mm Spacer (52)–4



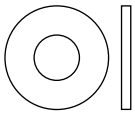
/8 Nut (59)–1



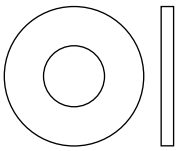
M8 Nylon Locknut (40)–13



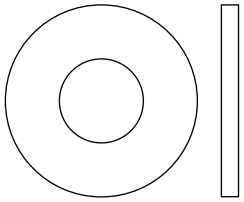
M10 Nylon Locknut (49)–4



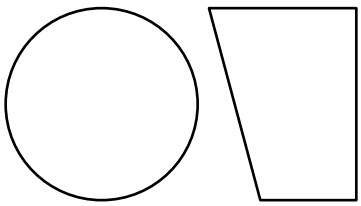
Washer (54)–7



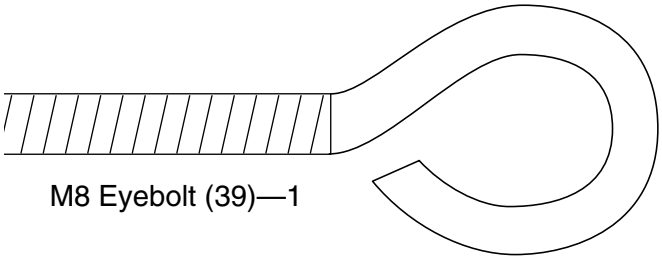
M8 Washer (55)–2



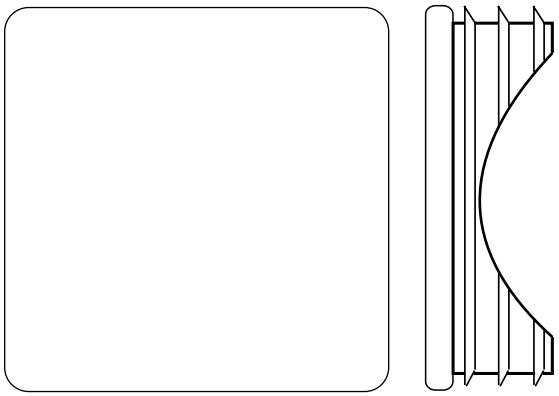
M10 Washer (51)–6



1” Round Angle Cap (57)–1



M8 Eyebolt (39)—1



2" Square Inner Cap (29)–6
(Used in Adjustment. See page 15.)

PART LIST—Model No. 831.150381

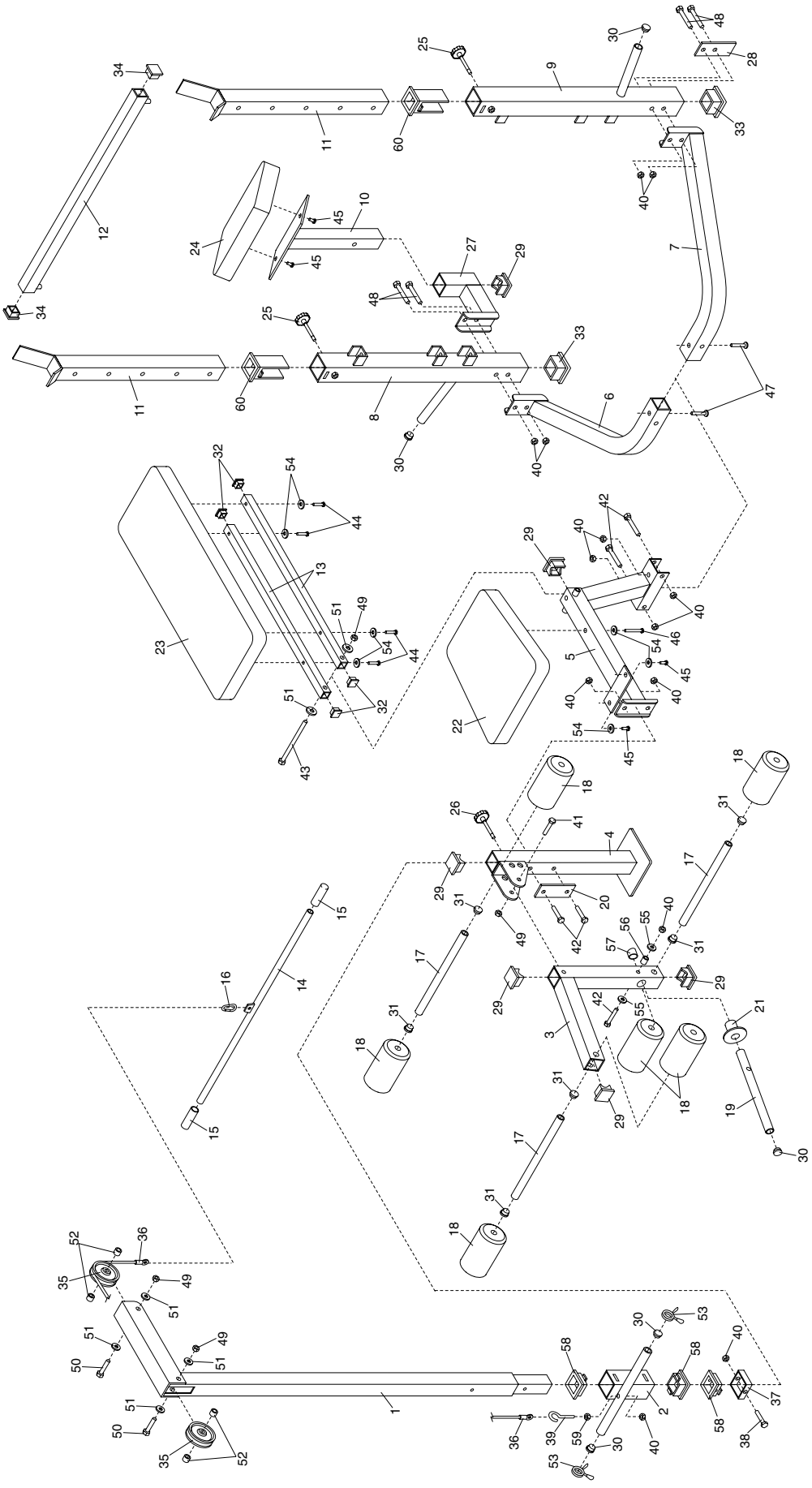
R1099 A

Key No.	Qty.	Part No.	Description
1	1	142467	Lat Tower
2	1	142468	Weight Carriage
3	1	142469	Leg Lever
4	1	142470	Front Leg
5	1	142471	Bench Frame
6	1	142472	Base A
7	1	142473	Base B
8	1	142474	Upright A
9	1	142475	Upright B
10	1	142476	Curl Post
11	2	142477	Weight Rest
12	1	142478	Adjustment Tube
13	2	142479	Backrest Tube
14	1	142480	Lat Bar
15	2	112560	Handgrip
16	1	103087	Cable Clip
17	3	142481	Pad Tube
18	6	103805	Foam Pad
19	1	142482	Weight Tube
20	1	142483	Support Plate A
21	1	123403	Weight Stop
22	1	142484	Seat
23	1	142485	Backrest
24	1	142486	Curl Pad
25	2	142487	Long Adjustment Knob
26	1	142488	Short Adjustment Knob
27	1	142489	Storage Post
28	1	142490	Support Plate B
29	6	120720	2” Square Inner Cap
30	5	120733	1” Round Inner Cap
31	6	112402	3/4” Round Inner Cap
32	4	133616	1” Square Inner Cap
33	2	127941	2 1/2” Square Inner Cap
34	2	117545	1 1/4” Square Inner Cap
35	2	115370	Pulley
36	1	142491	Cable
37	1	142492	Carriage Stop
38	1	013374	M8 x 70mm Bolt
39	1	142493	M8 Eyebolt
40	13	012002	M8 Nylon Locknut
41	1	110942	M10 x 70mm Bolt
42	5	125147	M8 x 65mm Bolt
43	1	133758	M10 x 165mm Bolt
44	4	133718	M6 x 40mm Bolt
45	4	132137	M6 x 16mm Screw
46	1	111854	M6 x 65mm Bolt
47	2	132652	M8 x 60mm Carriage Bolt
48	4	130299	M8 x 75mm Bolt
49	4	012033	M10 Nylon Locknut
50	2	132138	M10 x 75mm Bolt
51	6	014015	M10 Washer
52	4	128051	16mm Spacer
53	2	130312	Spring Clip
54	7	014033	M6 Washer
55	2	014012	M8 Washer
56	1	019213	13mm Spacer
57	1	123396	1” Round Angle Cap
58	3	140579	2 1/2” Square Bushing
59	1	012150	M8 Nut
60	2	142494	Upright Bushing
#	1	142450	User’s Manual
#	1	131065	Exercise Chart

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.150381

R1099A



SEARS

Model No. 831.150381

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® PRO 340**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART

(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 340 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.150381).
- The NAME of the product (WEIDER® PRO 340 Weight Bench).
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

Part No. 142450 G03589-C R1099A

Printed in China © 1999 Sears, Roebuck and Co.